



SOURDOUGH BREAD BASICS

Recipes by LARRY HARRIS

MISE EN PLACE

- **Dechlorinate water for your starter and bread by leaving water out overnight, or by boiling and cooling it.**

NOTES

Flour: You can use a variety of flours to create your sourdough starter and your make your sourdough bread. Each flour has different characteristics and will yield different results. The flours that we recommend, will provide you with greater success as you begin your sourdough journey. We recommend using organic flours, as these will have more of the beneficial bacteria and wild yeasts that are needed for a successful sourdough starter.

Water: It is best to use room temperature filtered or unchlorinated water for maintaining your sourdough starter. You can boil tap water and let it cool, or just leave some water on the counter in a container overnight.

Time: As the sourdough process takes more time than in each class, we will be taking you through the various stages of preparing a loaf with your starter, and we'll provide you with a link to the class so you can continue the process you've started at home.

SOURDOUGH STARTER

	Day 1	Day 2	Day 3-14, each Day	Total, 14 Days
Rye Flour	50 g			50 g
Unbleached Flour		15 g	15 g	195 g
Whole Grain Flour		15 g	15 g	195 g
Water			30 g	360 g

Unsweetened
Pineapple Juice

50 g

30 g

80 g

Why pineapple juice? This may seem to be an odd ingredient to use as you begin making your starter! It's purpose is to provide a better environment with the right acidity to promote the beneficial bacteria growth, while limiting the growth of bacteria that can hinder your starter development. You only use it for the first two days, then unchlorinated water thereafter. You can start with unchlorinated water instead of the pineapple juice.

Day 1

- Mix the rye flour and pineapple juice together in a bowl, making sure the flour is fully moistened. Put into a jar (pint canning jars are great for this) and cover with plastic wrap. Use a piece of tape or elastic to mark the height of the dough. Let it sit on the counter for 24 hours. (you can use unbleached or whole grain flour instead of the rye, however rye flour tends to give you a better start).

Day 2

- You will likely not see much activity yet, don't worry. Hopefully you do see a few bubbles forming!
- In a bowl, combine your Day 1 mix with the Day 2 unbleached and whole grain flours, and pineapple juice. Mix thoroughly and then place into a clean jar and cover with plastic wrap. Use a piece of tape or elastic to mark the height of the dough. Let it sit on the counter for 24 hours.

Day 3

- You should be starting to see activity in your starter, bubbles and even a bit of a rise too!
- In a bowl, combine half of your Day 2 mix (toss the other half in the garbage) with the Day 3 unbleached (15 g) and whole grain flours (15 g), and water (30 g). Mix thoroughly and then place into a clean jar and cover with plastic wrap. Use a piece of tape or elastic to mark the height of the dough. Let it sit on the counter for 24 hours.

Day 4

- You should notice good activity in your starter by now, bubbles and even a bit of a rise too! If you don't that is OK, keep going.
- In a bowl, combine half of your Day 3 mix (toss the other half in the garbage) with the Day 4 unbleached (15 g) and whole grain flours (15 g), and water (30 g). Mix thoroughly and then place into a clean jar and cover with plastic wrap. Use a piece of tape or elastic to mark the height of the dough. Let it sit on the counter for 24 hours.

Day 5

- Your starter should be active with lots of bubbles and doubling in volume. If you don't that is OK, keep going.
- In a bowl, combine half of your Day 4 mix (toss the other half in the garbage) with the Day 5 unbleached (15 g) and whole grain flours (15 g), and water (30 g). Mix thoroughly and then place into a clean jar and cover with plastic wrap. Use a

piece of tape or elastic to mark the height of the dough. Let it sit on the counter for 24 hours.

Day 6-14

- Your starter should be active with lots of bubbles and doubling in volume, each day. Do not get discouraged if it takes a bit longer, sourdough is a slow process, it takes time.
- Each day, combine half of your previous day mix (toss the other half in the garbage) with the unbleached (15 g) and whole grain flours (15 g), and water (30 g). Mix thoroughly and then place into a clean jar and cover with plastic wrap. Use a piece of tape or elastic to mark the height of the dough. Let it sit on the counter for 24 hours.
- After about Day 7, it may be strong enough to make bread, however it is best to give it some more time to become stronger.

Sourdough Starter Maintenance

- You can keep your starter on your counter and refresh every day, or just place in the refrigerator when you are not using it for making bread.
- If the starter has been stored in the refrigerator, it will need to be refreshed at least 2 times prior to using for making sourdough bread.
- To refresh your starter, bring it out of the refrigerator and let it come to room temperature.
 - Put 60 g of starter into clean container, discard the remainder.
 - Add 30 g of unchlorinated water.
 - Add 30 g of flour – unbleached (15 g) and whole grain flours (15 g)
 - Mix well, cover let sit until double – this could be as short as 3-4 or up to 10-12 hours. Do this twice and then build your levain for your bread.

BASIC SOURDOUGH BREAD

Prior to the Sourdough Bread class, have the levain prepared as below:

	1 - 800g Loaf	1 - 1kg Loaf	2 - 800g Loaf	2 - 2kg loafs	Baker's %
Levain					
50/50 Unbleached and Whole					
Wheat Flour	48 g	60 g	96 g	120 g	12%
Water	48 g	60 g	96 g	120 g	12%
Starter	16 g	20 g	32 g	40 g	4%
Total Levain	112 g	140 g	224 g	280 g	28%
Sourdough Bread					
Unbleached Flour	320 g	400 g	640 g	800 g	80%
Whole Wheat Flour	80 g	100 g	160 g	200 g	20%

Total Flour	400 g	500 g	800 g	1000 g	100%
Water	280 g	350 g	560 g	700 g	70%
Salt	8 g	10 g	16 g	20 g	2%
Total Weight	800 g	1000 g	1600 g	2000 g	200%

You can use 100% unbleached flour instead of a mix of unbleached and whole wheat.

- If you have been storing your starter on the counter and refreshing each day proceed to next step, otherwise refresh it twice as discussed above under “Sourdough Starter Maintenance”.

Day 1 - evening

- Make levain for your bread using by combining in a bowl 20 g starter, 50 g water, 50 g flour for a 1 kg loaf (double for 2 loaves); place into a container and allow to ferment overnight. Place remaining starter in container and put in refrigerator for a future bake .

Day 2 - morning

- In a 4-5 quart container, measure out water.
- Put your levain into the water, it should float on top of the water (note you can test if your levain is ready by doing the float test by dropping a bit into water to seeing if it floats, if it does it is ready if it sinks it needs more time)
- Mix lightly, then add in the flour and salt. Mix thoroughly with your hand(s).
- Let the dough sit covered on the counter for 45 minutes, then do the first set of folds/stretches.
- For the folds/stretches, pick up one side of the dough and stretch it and fold over, do this about 4 times, around the container, the dough should form a ball. Cover and let rest for 30 minutes.
- Do 3 more folds/stretches every 30 minutes. You can test the gluten development by doing the window pane test by stretching a small piece and if it stays together forming a window pane no more folds are needed.
- Let dough bulk ferment/proof covered until almost doubled in size. This will take 3-6 hours depending on temperature of room.
- Carefully remove the dough from container divide in two if making 2 loaves. Gently shape the dough into a boule or ball shape. You can use your hands or a dough scraper. Being carefully not to degas or deflate the dough, you are trying to build tension on the surface of the dough.
- Prepare your proofing container, such as a banneton or towel lined bowl, by sprinkling with rice flour. Carefully place your dough upside down into the proofing container, and sprinkle with rice flour. Place in XL plastic bag or cover with a shower cap and place in refrigerator overnight.

Day 3 – morning

- Turn on your oven to 525° F with Dutch oven inside, for 1 hour
- Tip 1 loaf out onto piece of parchment paper, score then lift into hot Dutch oven.
- Add a few ice cubes, approximately 4
- Cover, place back in oven, lower to 450° F, bake 30 minutes

- Uncover, bake an additional 10 – 15 minutes, bread should be 200-205° F inside
- Remove from oven to rack and cool.
- Let bread cool a couple of hours before cutting into it!

EQUIPMENT

Weigh Scale

A couple of pint jars

Bowl

Spatula or spoon

4-5 quart container

Dough scraper

Proofing container - Banneton or 6-7" diameter bowl and cloth/tea towel

Lame or razor blade – sharp knife can be used

Dutch Oven (4.5-5 quart)

Rice flour